



Shaw College Sports and Recreation Courses for 2022/23 (Term 1)  
逸夫書院康體訓練課程 2022/23 年度(上學期)

Open for application 現正接受報名

**ALL STUDENTS AND MEMBERS OF SHAW COLLEGE ARE WELCOME!**

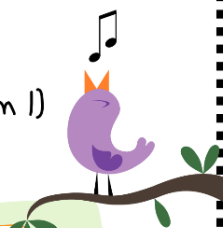
**歡迎逸夫書院同學及教職員參加**

課程	Course	Online Registration
棍網球初班	Lacrosse Introductory Course	 <a href="https://bit.ly/3U6UMD1">https://bit.ly/3U6UMD1</a>
韓國潮流舞蹈	K-Pop Dance	<a href="https://bit.ly/3DfBCVh">https://bit.ly/3DfBCVh</a>
網球	Tennis Class	<a href="https://bit.ly/3DrzA4H">https://bit.ly/3DrzA4H</a>

課程	Course	Quota
健身室工作坊	Fitness Workshop	<b>FULL</b>
泰拳	Thai Boxing	
獨木舟(一星章)	Kayak (1-Star Award)	
初級滑浪風帆	Basic Windsurfing Training Course	
普拉提健體班	Pilates	



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### 韓國潮流舞蹈 K-Pop Dance

Date: 11, 18, 25 Oct, 1, 8, 15 Nov 2022 (Tue)  
Time: 18:30 - 20:00  
Fee: \$380 (Course Fee \$190 + Deposit \$190)  
Venue: Dancing Room, LG3/F Kuo Mou Hall,  
Shaw College  
Quota: 14  
Deadline: 3 October 2022



[bit.ly/3DfBCVh](https://bit.ly/3DfBCVh)

### 普拉提健體班 Pilates

Date: 10, 17, 24, 31 Oct, 7, 14 Nov 2022 (Mon)  
Time: 19:00 - 20:30  
Fee: \$160 (Course Fee \$80 + Deposit \$80)  
Venue: LG501, Wen Lan Tang, Shaw College  
Quota: 16  
Deadline: 30 September 2022



[bit.ly/3eJUgKX](https://bit.ly/3eJUgKX)

### 泰拳 Thai Boxing

Date: 6, 13, 20, 27 Oct, 3, 10, 17, 24 Nov 2022 (Thu)  
Time: 19:00 - 20:30  
Fee: \$450 (Course Fee \$225 + Deposit \$225)  
Venue: Dancing Room, LG3/F Kuo Mou Hall,  
Shaw College  
Quota: 15  
Deadline: 29 September 2022



[bit.ly/3U60R2k](https://bit.ly/3U60R2k)

### 初級滑浪風帆 Basic Windsurfing Training Course

Date: 29 & 30 Oct 2022 (Sat & Sun)  
Time: 9:30 - 17:00  
Fee: student \$580 / staff \$650  
Course Fee + Deposit: Student \$290 + \$290  
Staff \$325 + \$325  
Venue: Water Sports Centre, CUHK  
Quota: 5  
Deadline: 7 October 2022



[bit.ly/3L9hi9](https://bit.ly/3L9hi9)

### 獨木舟(一星章) Kayak (1-Star Award)

Date: 22 Oct 2022 (Sat)  
Time: 9:30 - 17:00  
Fee: student \$190 / staff \$250  
Course Fee + Deposit: Student \$95 + \$95  
Staff \$125 + \$125  
Venue: Water Sports Centre, CUHK  
Quota: 8  
Deadline: 30 September 2022



[bit.ly/3RF4Tgq](https://bit.ly/3RF4Tgq)

### 棍網球初班 Lacrosse Introductory Course

Date: 6, 13, 20 Oct, 3, 10, 17 Nov 2022 (Thu)  
Time: 19:00 - 20:30  
Fee: \$200 (Course Fee \$100 + Deposit \$100)  
Venue: Indoor Multi-purpose Sports Hall,  
LG2/F Kuo Mou Hall, Shaw College  
Quota: 20  
Deadline: 29 September 2022



[bit.ly/3U6UMD1](https://bit.ly/3U6UMD1)



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# TENNIS CLASS

網球班 

Date: 11, 18, 25 Oct, 1, 8, 15 Nov 2022 (Tue)

Time: 18:00 - 20:00

Venue: Tennis Court No. 3 & 4  
University Sports Centre

Quota: 14

Application deadline:  
5 Oct 2022



HK\$250 (course fee HK\$125 +  
deposit HK\$125)

**Register Now!**



[bit.ly/3DrzA4H](https://bit.ly/3DrzA4H)

Enquiry: Tel: 3943 7356 / Email: [kannachan@cuhk.edu.hk](mailto:kannachan@cuhk.edu.hk)

**All staff and students of Shaw College are welcome**



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# 健身室工作坊

## FITNESS WORKSHOP

逸夫書院國楸樓**LG3**樓健身室  
Fitness Room, LG3/F Kuo Mou Hall,  
Shaw College

Date: 18 Oct 2022 (Tue)

Time: 18:00 - 20:00

Deposit: HK\$100

Quota: 15



All staff and students of Shaw  
College are wellcome

Application deadline: 11 October 2022



[bit.ly/3dap6fa](https://bit.ly/3dap6fa)

**JOIN NOW**

缺席者將不獲發還按金

Deposit will not be refunded if  
participants are absent from the  
course.

Enquiry: Tel: 3943 7356 / Email : kannachan@cuhk.edu.hk